

# Bird Flu and You

## What You Should Know about Bird Droppings!

Some people are worried about droppings from birds, especially from Canada geese. That's because they have heard about a severe bird flu called H5N1 avian influenza. They have heard that some people may have gotten sick from living in areas that had lots of bird droppings. Right now, this bird flu is nowhere in the United States.



Even if bird flu does come to the U.S., it's important to know that bird flu is hard for people to catch. Bird flu does not easily infect people. Bird droppings, however, have other germs that can make people sick.

Experts will detect the bird flu quickly, if it comes. So, do your part. Learn about the bird flu, don't worry about it. Start today:

### **Don't touch goose and bird droppings.**

- Droppings carry germs that can cause many different diseases. Wash your hands thoroughly after coming in contact with droppings.
- If you must pick up droppings, use a shovel, "pooper scooper," or gloves. Never use your bare hands.
- Try to avoid contact with dirt or grass that is soiled with bird droppings.
- Teach children to always wash their hands after playing outside.

### **Avoid contact with goose and bird droppings during outdoor activities.**

- After being outside, take off shoes and other footwear before entering the home. You can disinfect footwear by using a weak bleach and water solution. Use one part bleach in nine parts water.
- Don't walk barefooted where there are bird droppings.
- If you are worried about swimming, swim at a regulated beach, where water tests are done. Water tests check to be sure the water is not polluted from human, farm or animal waste.

### **Keep updated on bird flu news.**

- Stay informed about bird flu so you will know quickly if it becomes a local issue.

To learn more about bird flu, visit  
**[www.nyhealth.gov](http://www.nyhealth.gov)**



**H5N1 Avian Influenza**